U.S. ARMY SAFETY CENTER

OFF DUTY SAFETY

Protect the Force Through Risk Management

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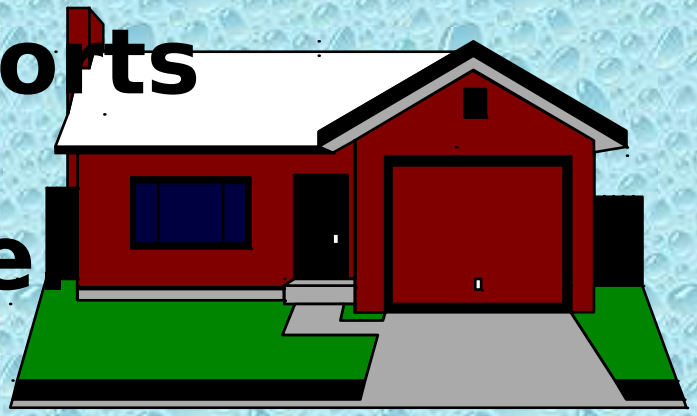
- **The responsibility to guard against both physical and health hazards extends beyond the workplace.**
- **More accidents occur in and around the home and during off duty sports activities, than in any other place**



SPORTS, RECREATION, AND OFF DUTY SAFETY

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- Sports and Recreation
- Swimming
- Boating
- Around the Home

SPORTS, RECREATION, AND OFF DUTY SAFETY

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Activity	Class A	Class B	Class C
Basketball	0	0	100
Football	0	0	58
Softball	0	0	39
Horseback Riding/Rodeo	0	0	22
Swimming/ Boating	13	0	15

1999 – present stats from USASC database

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Activity	Class A	Class B	Class C
Snowboarding/ Skiing	0	2	15
Others:		3	60
Hunting	2		
Parachuting	1		
Tennis	1		
Bicycling	1		
Privately Owned Weapons	5	4	7

SPORTS, RECREATION, AND OFF DUTY SAFETY

- **Sports that produce the most injuries:**
  - **-Basketball**
  - **-Softball**
  - **-Football**
- **Most Common Injuries**
  - **-Fractures, sprains, & strains**
  - **-Knee, lower leg, & ankle**

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- Sports accident factors
  - Poor conditioning
  - Inadequate ability and skill
  - Lack of protective equipment
  - Violation of rules

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General Precautions

- Warm-ups
- Stretching
- No alcohol prior to or during event

Treatment of minor injury - RICE

- Rest the sprain
- Put Ice on it
- Wrap injury, Compress it
- Elevate the injured body part

- **Proper medical treatment for injury**

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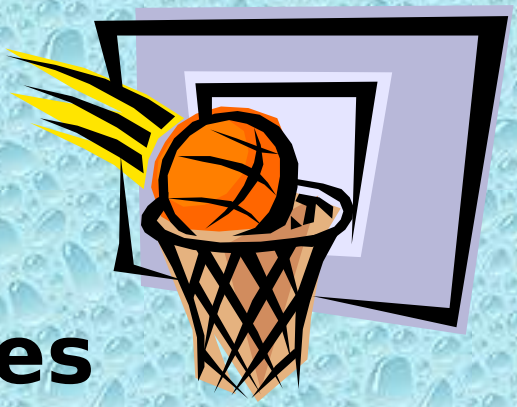
Basketball



- Warm-up
- Stretching
- Wear proper court shoes
- Rebounding - Look for safe landing
- Avoid pushing / tripping

While playing basketball, a soldier fell and landed on his left elbow. The soldier suffered a fractured radial bone and a dislocated elbow.

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Football

- Warm-up / Stretching
- Rules violations
- Blocking
- Collisions

Accident facts

A soldier suffered a permanent total disability from a broken neck when he collided with another soldier while playing football.

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Softball

- Warm-up / Stretching
- Sliding
- Collisions
- Breakaway bases
- Field conditions

A soldier was pitching during a softball game. The batter hit the ball and struck the pitcher with the ball, breaking his nose and the bone around his left eye.

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Soccer

- Warm-up / Stretching
- Inadequate conditioning
- Collisions
- Rules of contact
- Field conditions

A soldier was playing soccer with his children. He went to stop the ball. His foot rolled over the ball and he fractured his ankle.

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Sport safety equipment

- Correct shoes
  - Running
  - Football / softball
  - Court shoes
- Knee / elbow pads
- Mouth guard
- Sliding pads
- Break away bases
- Wrap around eye protectors

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Swimming and water recreation

- **Accident factors**
  - **Over estimate swimming skill**
    - **Alcohol**
    - **Fatigue**
    - **Cramps**
    - **Hypothermia**
  - **Under estimation of environmental factors**
    - **Cold water**
    - **Immersion**
    - **Waves**
    - **Current / undertow**

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Accident Facts

Soldier suffered a permanent total disability (broken neck) when he dove from a ledge into a river and struck a submerged pipe.

Soldier suffered a permanent total disability when he dove into a swimming pool at the middle depth while intoxicated and struck his head on the bottom of the pool breaking his neck.

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Accident Facts

Soldier drowned while swimming in a lake with 3 other SM. The lake was not an approved swimming area.

Additional factors –

Alcohol and cold water temperature

Soldier was wading along the reefs when he was swept out to sea by a wave.

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Swimming and water recreation

Risk Controls

- Identify hazards at the recreation site
- Improve personal swimming skill
- Swim with others, never swim alone
- Swim in authorized areas only
- Follow posted rules
- Know your limitations /ability
- Avoid individual and environmental hazards

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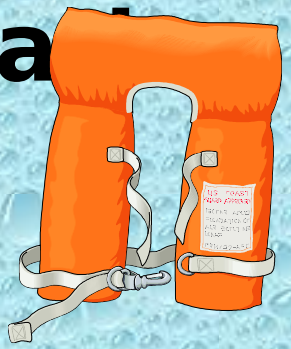
Swimming and water recrea



Risk Controls

- Check depth before diving
- Keep distance from diving board
- Don’t substitute floats for personal floatation device
- Don’t drink and swim
- Learn rescue techniques
- Avoid overexposure to the sun

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Boating - Accident Facto

- Lack of operator trainin
  - Collisions
  - Falling overboard
- Not wearing floatation de
- Intoxicated operator a cause factor for 50% of accidents

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Boating - Safety Precautions

- Safe boating course - required by many states
- Avoid alcohol while operating a boat
- Prepare a float plan (same as a flight plan)
- Be prepared to survive cold water
- Don’t overload the boat - check load capacity

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Accident Facts

Soldier and friends rented a boat for a river ride. When the operator put the boat in neutral to turn back, SM fell off the front of the boat. SM was struck and fatally injured by the boat.

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Accident Facts

Three friends went fishing in a john boat rated for “3 persons”. With their fishing equipment, coolers, and trolling motor, they were overloaded for the boat’s rated weight limit. The boat only had two life preservers on board. The front of the boat went under when one of the fishermen stood up to change position. Two soldiers made it to shore, the third fisherman’s body was found about 20 ft from the shore.

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Boating - Safety Precautions

- When boarding - stay low
- Never stand in a small boat
- Watch your wake speed
- Wear Personal Floatation Device (PFD)
- Know what to do if someone falls overboard
- If boat capsizes, stay with it
- Follow boating rules with jet skis

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Boating - Safety Equipment

- Floatation devices
  - Type I - will turn an unconscious person face up and slightly backward
  - Type II - will turn an unconscious person face up and slightly backward - not as effective as Type I

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Boating - Safety Equipment

- Floatation devices
  - Type III - Used for water sports, most comfortable. Will not turn unconscious person upright
  - Type IV - Throwable device. Ring life buoys
  - Type V - Sports vest used for canoeing, rafting, sailing.

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Boating - Safety Equipment

- Fire extinguisher
- Carburetor flame arrestor (inboard motors)
- Whistle, bell or horn
- Signal devices
- Lights (for night operation)

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Boating Safety Equipment

- Paddle
- Flashlight
- Anchor (required by some state laws)
- Tool kit
- Bail bucket
- Approved safety fuel can
- Weather band radio
- Compass
- First aid kit

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Sources of Additional Information

- USASC Home Page: http://safety.army.mil / Training
- TC 21-21 - includes water survival training
- U. S. Coast Guard
- American Red Cross
- National Water Safety Congress
- National Board YMCA

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Home Safety

- National statistics for accidental death and injury
  - #1 - Falls
  - #2 - Poisoning
  - #3 - Fires
  - #4 - Privately Owned Weapons

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Home Safety

- Falls - National Statistics
  - Young children and elderly
  - Tub
  - Stairs
  - Wet floors
- Army - 11 deaths over 3 year period
  - Fall from balcony or window
  - Alcohol

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Accident Facts

Soldier died from injuries received when he reached for a tree from a balcony and fell approximately 15 feet.

Soldier was killed when he fell from a third floor balcony and broke his neck.

Alcohol was involved.

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Home Safety

- Unintentional Poisoning - National Stats
  - 25-44 age group
  - Drugs and medicines
  - Males 76%
- Prevention
  - Use drugs / medicines as directed
  - Control medicine around the home
  - Control cleaning products

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Home Safety - Fire

- Common causes of home fires:
  - Cooking and heating equipment 39%
  - Smoking 23%
  - Children playing w/ignition sources 10%
  - Alcohol impairment contributed in 40% of deaths

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Home Safety - Fire Prevention

- Smoke detectors
- Fire escape plans
- Fire extinguishers near heat sources
- Post emergency phone numbers
- Means of escape from 2d floor
- Control matches, lighter, cigarettes
- Dispose of smoking materials properly
- Check fire place annually

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Home Safety – Privately Owned Weapons

- Accident Cause Factors – Accidental Dischar
  - Horseplay
  - Improper clearing procedures - complacen
  - Unsecure or improperly stored

- Prevention Measures
  - Treat weapon as loaded at all times - Discipline
  - Attention to detail - Know your weapon
  - Keep weapons secure properly at all times

QUESTIONS?